

Grain Ounce Equivalents for the Child and Adult Care Food Program

Effective October 1, 2021

The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the ounce equivalents (oz eq) for nine groups (A-I) of grain foods. The chart in this document lists the Exhibit A oz eq for the CACFP. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the CACFP meal patterns.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll must weigh 28 grams (1 ounce) and a blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ ounce equivalent.

Creditable grain foods

To credit as the grains component in the CACFP meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ. Creditable foods include products and recipes that are enriched, whole grain, or whole-grain rich (WGR. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified. For additional guidance on creditable grains, refer to the Connecticut State Department of Education's (CSDE) resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#), and [Crediting Breakfast Cereals in the CACFP](#).

Using the ounce equivalents chart

The ounce equivalents chart is used for commercial grain products and may also be used for recipes if the CACFP facility knows the **weight** of the prepared (cooked) serving. If the recipe does not provide this information, the average weight per serving can be determined by weighing several servings of the recipe (refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#)). For guidance on how to determine the ounce equivalents contribution of a grain product or recipe, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#)

Whole grain-rich (WGR) requirement

At least one serving of grains per day must be WGR. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For additional guidance, refer to the CSDE's resource, [Meeting the Whole Grain-rich Requirement for the CACFP](#).

Note: Per USDA memo, [COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022](#), CACFP sponsors that cannot meet the WGR requirement from July 1, 2021, through June 30, 2022, and/or cannot meet the ounce equivalents requirement by October 1, 2021, must request a waiver from the CSDE. For more information, visit the "[How To](#)" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage.

Grain Ounce Equivalents for the CACFP

Group A	Oz Eq for Group A
Bread-type coating Breadsticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 oz eq = 22 grams or 0.8 ounce $\frac{3}{4}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{2}$ oz eq = 11 grams or 0.4 ounce $\frac{1}{4}$ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers ¹ Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group D
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
French toast	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce

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Group F	Oz Eq for Group F
None (grain-based desserts do not credit) ²	None
Group G	Oz Eq for Group G
None (grain-based desserts do not credit) ²	None
Group H	Oz Eq for Group H
Barley Breakfast cereals, cooked ³ Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = ½ cup cooked or 1 ounce (28 grams) dry ½ oz eq = ¼ cup cooked or ½ ounce (14 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat (RTE) breakfast cereals (cold dry) ³	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1 ¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola ½ oz eq = ½ cup or ½ ounce for flakes and rounds ½ oz eq = ¾ cup or ½ ounce for puffed cereal ½ oz eq = ⅛ cup or ½ ounce for granola

¹ As a best practice, the USDA encourages CACFP menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and snacks served.

² Grain-based desserts (excluding sweet crackers such as graham crackers and animal crackers) are not listed in this chart because they do not credit in the CACFP meal patterns. Examples include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

³ RTE and cooked breakfast cereals must be whole-grain, enriched, or fortified; and cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#), and visit the USDA's webpage, [Choose Breakfast Cereals that are Lower in Sugar](#).

Grain Ounce Equivalents for the CACFP

Resources

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Enriched Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedGrainsCACFP.pdf>

Crediting Whole Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grains>

Grains Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

How to Identify Creditable Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

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https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Grain Ounce Equivalents for the CACFP

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>.

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Washington, D.C. 20250-9410;
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- (3) email: program.intake@usda.gov.

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